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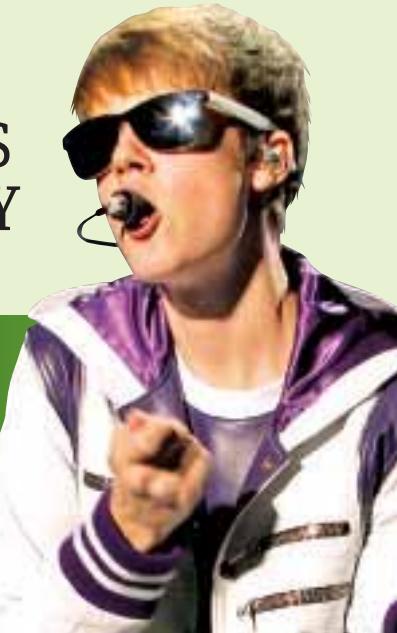
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FANS CHEER VERDICT
IN MANSLAUGHTER
TRIAL {page 4}



BABY?
BIEBS AGREES
TO PATERNITY
TESTING {page 14}



LONDON

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Tuesday,
November 8, 2011
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News
worth
sharing.

Downtown cash OK'd

► Sponsorships sought to help offset some costs of World Figure Skating Championships

 ANGELA
MULLINS
@METRONEWS.CA

City councillors approved spending \$3.6 million yesterday to set the stage for the 2013 World Figure Skating Championships.

The plan — which includes everything from repaving part of Dundas Street to a \$600,000 light and video show outside the John Labatt Centre — was given the go-ahead in pieces, with some councillors approving a few initiatives and showing no support for others.

Coun. Matt Brown wanted \$1.1 million slashed from the propos-

al, warning the city shouldn't get "caught up in the moment" and "carried away." Coun. Nancy Branscombe floated a plan that would have put \$2.4 million in city money forward. The rest of the proposed spending could come from sponsors, she said.

Others, including Mayor Joe Fontana, stressed the importance of making a good impression on the world stage and leaving a lasting legacy for the city.

"If we come off as looking mediocre in what we've done, all the money in the world isn't going to wash that away," Coun. Bud Polhill said.

Other business

City Council also voted to:

- Extend a ban on new methadone clinics until March so a proposed bylaw governing the facilities can be reviewed. Comments on the bylaw will be accepted during a Thursday meeting. Details are on the city's website at London.ca.
- Keep the River Road golf course open for another year.

The spending falls in two categories — about \$1.5 million that's

already included in city budget plans and about \$2.1 million in initiatives expected to be covered by part of a predicted 2011 budget surplus.

Projects the city already had on the go include the Dundas Street paving and streetscape improvements. The extra spending would beef up some of those plans, but the majority would go toward the light show outside the JLC.

Another \$300,000 will go toward installing LED lights downtown. Other plans for the money include \$150,000 worth of fan celebrations in Victoria Park and \$40,000 for a display of world flags.

Politician
gets
polished
and a little
purple

Fontana and three of the city's other leading men had their toenails painted to highlight this month's Shine the Light on Woman Abuse campaign. The spa, located at 191 Central Ave., will donate a percentage of proceeds from pedicures on Nov. 15 to the London Abused Women's Centre. City administrator Jeff Fielding, police Chief Brad Duncan and Deputy Chief Brent Shea joined Fontana.

Abuse. Awareness



► Mayor Joe Fontana watches intently yesterday as Allyson Taylor, co-owner of Artistic Esthetic Spa, spreads glittery purple polish on his toenails.
ANGELA MULLINS/METRO

Local
**Western
means
business**

► University completes the first phase of new state-of-the-art business school {page 3}



Going hairy for health

Educating men about prostate cancer {page 15}

Working on your social media skills

It might not be the best idea while you're on the job {pages 6-7}

Taking local food abroad

Canadian chef spreads the word about eating natural products {page 12}

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Protesters draft letter response

Members of the Occupy London protest spent much of yesterday putting the finishing touches on a letter drafted in response to one hand-delivered by city officials last week.

The occupiers' letter was expected to be presented at city hall by the close of the business day and had not been made public as of yesterday afternoon. Eric Shepperd, a member of the group, said the letter addresses each point "A through N" made in the city's letter, and either offers a compromise on each issue or refutes claims made. Participants in the occupation remained unswayed yesterday by the city's repeated requests that they move their tents out of Victoria Park.

• METRO

London gets grant for project

The City of London has received a \$50,000 grant toward an energy-mapping exercise.

The city is working with the Canadian Urban Institute on the Integrated Energy Mapping for Ontario Communities project.

Energy mapping will provide neighbourhood-level data on building energy use and personal-transportation energy use, which will help the city develop energy strategies. • METRO

Movember. Fundraising



► Metro London account managers Ryan Beliveau, left, and Patrick Thorogood proudly bear the Metro flag and what could arguably be considered moustaches as they solicit support for their fundraising efforts for Movember.

ANGELA MULLINS/METRO

Support Team Mo Mo Metro

To support Team Mo Mo Metro, visit movember.com. Thanks for your support! Movember is a worldwide fundraiser for prostate cancer.

1 news



A special election in Oregon is the first in the U.S. to include iPad-enabled voting. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

As Greece shows signs that its darkest debt days may soon pass, the focal point of investors' fears shifts to Italy. Allan Small has more at metronews.ca/investing

Ivey celebrates new building

► Latest Richard Ivey floor plan features sprawling atrium with fireplace



ANGELA MULLINS
@METRONEWS.CA

It may be hard to notice amid the construction cranes towering overhead, but UWO's new business school is up and running.

Members of the Richard Ivey school staff have been working out of the new Western Road building since late summer and some select students have been walking through the hallways since classes started this fall.

The action comes a little

more than two years after Western broke ground on the new \$110-million facility, paid for partially by \$50 million worth of economic-stimulus money from the federal and provincial governments.

Elected officials, including London North Centre MPP Deb Matthews and London West MP Ed Holder, were at the school yesterday to officially mark completion of the project's first phase.

They, along with Mayor Joe Fontana and UWO presi-

dent Amit Chakma, praised the new building — complete with state-of-the-art technology — as giving Ivey another leg up when competing with other schools in its class.

"This goes beyond (stimulating the economy)," Chakma said. "This is stimulus plus investment (in the future)."

Construction on the second phase is expected to be complete in December 2012. When completed, the building will be 270,000 square feet — 120,000

square feet larger than the existing building — and will allow for all business programs to be housed under the same roof. Some programs also will be expanded, officials said.

Outside of government funding, the facility is being financed by the university and private-sector contributions.

The old Ivey building will be renovated and used by the school's nursing program and the faculty of information and media studies.



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Jackson's doctor guilty of manslaughter

NICK UT/THE ASSOCIATED PRESS

► 'Michael was looking over us,' sister La Toya says after verdict read

Michael Jackson's doctor was convicted of involuntary manslaughter yesterday in Los Angeles after a trial that painted him as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed the pop star.

The verdict against Dr. Conrad Murray marked the latest chapter in the lurid spectacle that has surrounded the death of Jackson on June 25, 2009.

Members of the singer's family wept quietly, and his mother, Katherine Jackson, said, "I feel better now."

Murray, 58, sat stone-faced during the verdict and was handcuffed and taken into custody without bail until sentencing on Nov. 29.

Throughout the trial he

They, the jury

- The jury deliberated for less than nine hours.
- It was unclear whether they determined that Murray administered the fatal dose of the anesthetic propofol in deciding he was responsible for the death of Jackson.
- Prosecutors said Murray violated at least 17 standards of care, a number of which could have resulted in death.

insisted he administered only a small dose of propofol on the day Jackson died. His lawyers blamed Jackson for his own death, saying the singer gave himself the fatal dose while Murray wasn't watching. A prose-



► The crowd erupts outside a Los Angeles courthouse yesterday after Michael Jackson's doctor, Conrad Murray, was convicted of involuntary manslaughter in the death of the pop star.

cution expert said that theory was crazy.

As the verdict was read,

a shriek broke the silence in the packed courtroom, and the crowd erupted out-

side the courthouse. Jubilant fans cheered and held signs that read "guilty" and

"killer." Passing motorists honked their horns.

THE ASSOCIATED PRESS

Veterans wage battle to get off the streets

As Canadians look forward to Remembrance Day to honour those who fought for their country, a growing army of homeless veterans are trying to get their lives back on track.

Many of them once wore the smart, crisply pressed uniforms of Canada's forces. Now they're struggling with alcoholism or drug addiction. They often lack basic life skills and don't know where to turn for help. And their numbers are expected to grow as

troops return from Afghanistan.

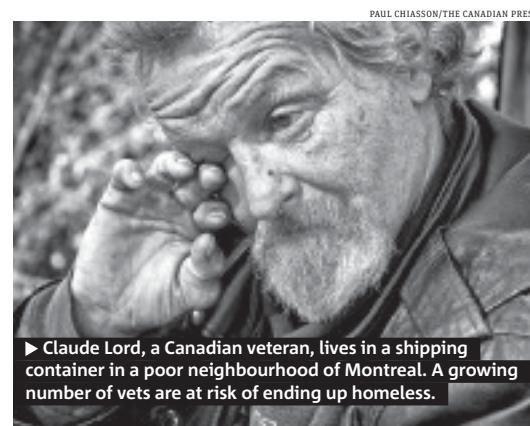
"I think we're hitting the tip of the iceberg," said Dave Gordon of the Royal Canadian Legion's Ontario Command. "There's a need for a national program."

Research shows that a typical homeless veteran in Canada is 55 years old and left the armed forces 27 years ago after six or seven years of service. Most are single or divorced and better educated than other people living on the street.

The drinking often started during the soldiers' tour of duty, says researcher Susan Ray of the University of Western Ontario, who interviewed 54 homeless vets for her study.

But homeless veterans are taking steps to get off the street. Across the country, small organizations of former soldiers are seeking out their homeless peers and matching them with shelter, social services and government programs.

"We call ourselves



► Claude Lord, a Canadian veteran, lives in a shipping container in a poor neighbourhood of Montreal. A growing number of vets are at risk of ending up homeless.

'ground support,'" said Jim Lowther, founder of the Veterans Emergency Transition Services network in Halifax. "We stick with them until they get back on their feet. It's been really successful."

Ray wants Ottawa to extend transition services for vets into years, instead of the current six months. The services would be aimed at teaching life skills, improving mental health and providing more outreach workers to veterans.

THE CANADIAN PRESS

B.C. coroner probing death at Occupy site

The B.C. coroner's office expects to release more information today about the death of Occupy Vancouver camper Ashlie Gough, 23, who was found dead in a tent on Saturday. The death has prompted a city crackdown on the Occupy sites in Vancouver and Victoria. The campers have been ordered to leave. THE CANADIAN PRESS

No charges after Ottawa bus driver blows a fuse: Police

Ottawa police will not be investigating after a video posted on YouTube showed a city bus driver threatening to harm a passenger, a police spokesman said.

CBC News identified the passenger as Matthew Taranto of Ottawa. The 20-year-old Algonquin College scriptwriting student said he is "mildly autistic" and was reading aloud from a script he

had written, which upset the driver.

In the video, the driver can be seen and heard saying, "Shut up. Shut your ignorant (expletive) cake hole ... If you don't shut your (expletive) face I'm going to stick my fist in it."

The police spokesman said the service will consider launching an investigation if a complaint is lodged.

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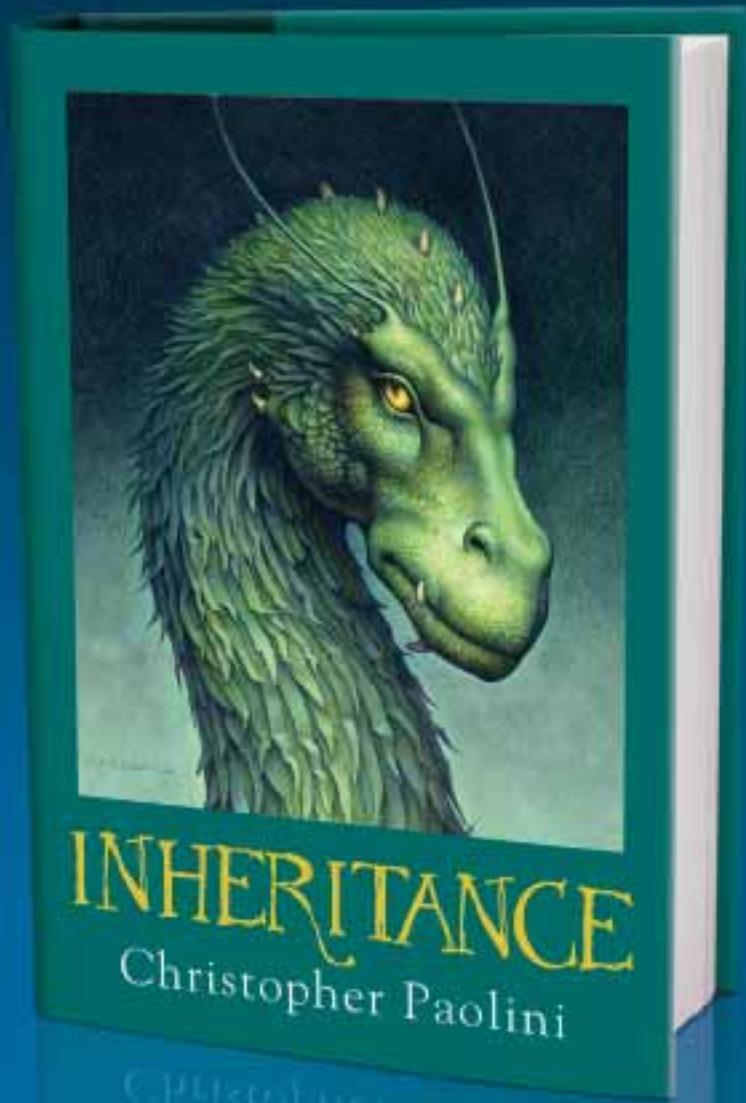
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► Social networks are knocking down barriers between work and private life ► For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook



SEAN
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METRO CANADA IN OTTAWA

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

"Before this technology people found other ways to waste time, chatting to co-workers or on the phone," he said.

"There will always be problems with individuals. Those problems have to be addressed individually."

With mobile devices, it's no longer possible or even desirable to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.

"There isn't any law on



RYAN TAPLIN/METRO

"I might tend to a private email or a private post while I'm at work, or I may be doing a work post while I'm at home. This very rigid distinction we used to have between work and play is no longer there."

MARK PERRY, ASSOCIATE COMPUTER SCIENCE PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO

Would you show it to your gran?

Wow. That was some party.

Great pics, too. So what did grandma think of them?

Before you post anything too personal to Facebook or Twitter, heed an expert's advice.

"It's best not to post anything that your grandmother wouldn't like," said Mark Perry, associate computer science professor at the University of Western Ontario. "Because it will come back to bite you at some point."

Perry said you should not only be wary of what you post, but how you post it.

"They should pay close attention to their privacy settings," Perry said when asked what employees should guard against to avoid getting in trouble at work.

And heads up: Watch those emails. If you're sending one titled "jerk boss," you might try "jerk beef" instead.

"There is software nowadays that can monitor email, so that it can search key words," Perry said. "It will select that out of the ingoing and outgoing email to employees." ● JIM REYNOLDS

A look at some of (very recent) history's most popular social media tools

1996	1999	2002	2003	2004	2006
------	------	------	------	------	------



ICQ
The first Internet-wide instant messaging service still surprisingly has over 100-million (active?) accounts registered, says Time Warner.



MSN
Now named Windows Live Messenger, Microsoft reported in 2009 its baby still attracted more than 330-million active users each month.



FRIENDSTER
Friend-what? One of the original social media sites redesigned in 2011 as a gaming site. It now boasts over 115-million anti-social users.



myspace
No. 1 social site from 2005-2008, MySpace now subsists solely on the coolness of owner Justin Timberlake, who bought a stake in it last June.



FACEBOOK
As of July 2011, Facebook had more than 800-million active users, including half of Canada's population, and, most recently, grandma.



TWITTER
In five years, Twitter has nabbed 200-million users. A fraction of them account for 200-million tweets per day.
SOURCE: WIKIPEDIA (WHO ELSE?)

any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time worked due to employees

using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University in Ottawa, said that, in her research, the intrusion into home life isn't balanced by employees

using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time

On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn ... I cer-

tainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised for those who are using personal social media sites for work. "In par-

ticular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. **HEATHER GILLIS**

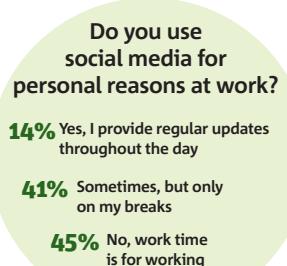
Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- ▶ **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- ▶ **Don't join too many groups of pages.** You won't be able to network effectively.
- ▶ **Do pick a user name reflecting your purpose, company, brand or who you are.**
- ▶ **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- ▶ **Don't follow more people than follow you.** You'll look like a spammer.
- ▶ **Don't post the same kind of update multiple times.** Post useful information others will see has value.

Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.



Are you Facebook friends with your boss?

17% Yes 83% No

- ▶ **@EastCoastKnits:** No way. Facebook is for private life. Work is work.
- ▶ **@88Styles:** If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- ▶ **@katbow:** It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- ▶ **@Altillopinionated!**: I was and the removal resulted in backlash that I will be forever haunted by.

The pictures on your profile are:

95% Tame and wouldn't embarrass my employer **5%** Uncensored party shots I wouldn't want my boss to see



Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- ▶ **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- ▶ **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.



When should online posts be grounds for dismissal?*

48% When they're work-related and negative	37% When associating with you is embarrassing for the company
69% When they break a pre-existing company policy	16% Never, my online life is my business

Tweet talk. Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Have you been reprimanded for using a social network at work?

1% Yes, big time **46%** No, it's not an issue where I work

8% Somewhat, but nothing harsh	45% I don't use social media at work
---------------------------------------	---

- ▶ **@DefiantHeather:** I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

28%

Number of respondents who said they had to be "sneaky" when using social media at work.

Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?

- ▶ **@ChrisDca:** Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- ▶ **@BrittanyMaria:** Check Facebook on your phone when you use the bathroom.
- ▶ **@Gramiq:** take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- ▶ **@tamaral1479:** my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!



*PANELISTS COULD CHOOSE MORE THAN ONE ANSWER



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MAKING THE MOST OF HIS MOUSTACHE

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JESSICA NAPIER
METRO



Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

"Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair."

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

Depending on his level of creativity, your man may decide to groom his altruistic facial hair into themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

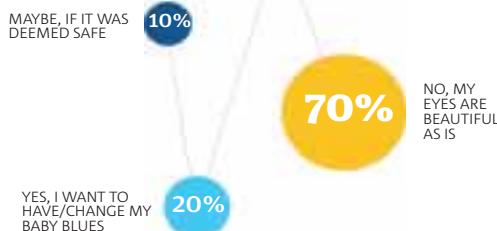
Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a moustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies'-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Would you ever consider laser surgery to change your eye colour?



Local tweets



► **@emillyvictoria:** "If I Should Fall" screening at Wolf

Performance Hall this Friday, #RemembranceDay produced by a friend of mine. Great film, #LdnOnt

► **@WayneWriteOn:** I think I'll run an extension cord from a city park to my home, just like #ldnont Occupy ppl

► **@LeanneTillaart:** 12 degrees in #ldnont in November @ 7am ummm #hellaya

► **@lo3_xo:** Oh trains, you're very much disliked! #ldnont

► **@courtfischerr:** Campus looks sooo pretty in the fall #uwo

► **@stephnicholee:** Three shootings in London within one month and our mayor is worried about tents ruining the grass in Vic Park. #occupy #dosomething #ldnont

► **@LeGiff:** I actually love this smoke & mirrors tax freeze crap by the mayor. By years end he'll have the city begging for a tax increase. #ldnont

► **@whatthemehek:** Kardinal Offishall on Thursday ... Justin Nozuka and Classified in the next few weeks! #uwo has been killing it this year with the shows!

Worth Mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

"We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like," says the American Cancer Society's Dr. Len Lichtenfeld. "We're learning that we're now finding cancer that would in fact never cause harm."

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

THE ASSOCIATED PRESS



photo of the day



► This photo titled Monster City was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotchallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Doing a good deed saves one man's life

A Canadian man who helped another motorist change a tire in western Wisconsin had his good deed repaid when that motorist saved his life just minutes later.

Victor Giesbrecht, of Winnipeg, was driving near Menomonie on Saturday evening when he stopped to assist with a tire change. The Wisconsin State Patrol says the 61-year-old then drove away and

suffered a heart attack a few kilometres later.

Giesbrecht's wife stopped the pickup truck and waved her arms, and the motorist whom they had helped just a moment earlier stopped and performed cardiopulmonary resuscitation.

Patrol Sgt. Michael Newton told the Star Tribune that if Giesbrecht hadn't helped with the tire, his rescuer may have remained stranded too far away to help.

"If he had been a few more miles down the road ... it could have been a different outcome," Newton said. "It's an interesting turn of fate."

Giesbrecht was hospitalized in serious condition yesterday.
THE ASSOCIATED PRESS

News in brief

No pics for U.S. cig packs

LAWsuit. A judge blocked a U.S. government requirement that would have forced tobacco companies to put images on packages. He ruled it is likely a lawsuit will succeed in blocking the requirement. He found the nine graphic images approved by the Food and Drug Administration in June go beyond conveying the facts about the health risks of smoking.

THE ASSOCIATED PRESS

Automakers plea for reform

PETITION. With four million petition signatures, Japanese automakers demanded yesterday the end of what they called

Market moment

TSX	Dollar
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Oil	Natural gas
+ \$1.26 US (\$95.52 US)	\$3.696 US (- 8.7¢)
Gold	
\$1,791.10 (+ \$35.00)	

exorbitant taxes on cars that threaten to hollow out manufacturing and wipe out jobs. The plea from the heads of Toyota Motor Corp., Nissan Motor Co., Honda Motor Co., auto unions and dealers underlines the industry's crisis from the March tsunami, the surging yen and stagnant sales.

THE ASSOCIATED PRESS

Europe wary as Greece works to divide power

- Greek creditors have frozen loan of \$11 billion until debt deal approved
- Government says it could go bankrupt in weeks without this money

Rival Greek political parties tried yesterday to hammer out a historic power-sharing deal to secure a \$179-billion US rescue package, but markets remained wary and European leaders kept up pressure by holding back a vital bailout loan.

Socialist Prime Minister George Papandreou and conservative leader Antonis Samaras held fresh negotiations, hours after reaching the landmark agreement to form a coalition for the

next 15 weeks. The new administration's main job will be passing the new bailout package — agreed by international creditors on Oct. 27 — before holding early elections.

Papandreou, who is expected to resign, also tele-



► Papandreou

"Things are headed in the right direction.... But what's important is that the bailout plan for Greece gets ratified."

ALAIN JUPPE, FRENCH FOREIGN MINISTER

phoned EU leaders and German Chancellor Angela Merkel. But at 11 p.m., no power-sharing deal had been announced, and it wasn't clear if talks with top Greek officials were still under way.

In Brussels, Jean-Claude Juncker, the

chairman of the Eurogroup, kept the pressure up on Greece by saying that eurozone finance ministers have asked the leaders of Greece's two main parties for a co-signed letter reaffirming their commitment to bailouts and economic reforms.

Greece has survived since May 2010 on a \$150-billion rescue-loan program. A second rescue package involves private bondholders cancelling 50 per cent of Greek debt.

The new prime minister would serve until a Feb. 19 general election. None of the people being considered have been announced publicly.

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11

Take. Off

Arbitrator's ruling a blow for airline union

The union representing Air Canada's flight attendants slammed an arbitrator's decision yesterday that imposes a tentative agreement negotiated by its leadership, but rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration. The new four-year deal expires March 31, 2015.

"I'm disappointed and frustrated," CUPE national president Paul Moist said.

Moist suggested that the government's constant interference in collective bargaining tipped the scales in favour of the company.

However MacPherson noted the union won improvements in the second tentative agreement that was unanimously recom-

mended by its bargaining committee.

Air Canada said it was pleased with the decision to implement terms of the deal reached with the union leadership in September.

MacPherson said her decision most closely resembled what would have been achieved had the case not been referred to an arbitrator by Ottawa and instead been allowed to run its course through collective bargaining — including the right to a strike or lockout.

More than 65 per cent of employees who voted rejected the agreement, yet only 73 per cent of members voted, suggesting they weren't so unhappy that they felt compelled to vote against it, she added.

A strike was averted at the last minute when federal Labour Minister Lisa Raitt referred the dispute to the quasi-judicial board.

The Canadian Union of Public Employees had wanted the arbitrator to improve upon the second tentative agreement by adding four provisions, including further increasing wages. THE CANADIAN PRESS

► In this Sept. 27 file photo, the first Boeing Co. 787 plane delivered to a commercial customer takes off for Japan, in Everett, Wash. The plane will be operated by Japan's All Nippon Airways.

TED S. WARREN/THE ASSOCIATED PRESS FILE

New Boeing plane lands safely, but with a glitch

Boeing's new 787 plane, which just started carrying paying passengers, ran into its first technical glitch when the landing gear failed to deploy. The pilots used "an alternate procedure that worked," according to Lori Gunter, a spokeswoman for Chicago-based Boeing Co. The plane landed safely and there were no reported injuries from the incident on Sunday.

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Chef cooks local, abroad

- Canada's Massimo Capra jets around the world in a new series called *Gourmet Escapes*
- Master chef spreads the word about eating natural, local and seasonal products

Canadian celebrity chef Massimo Capra cooks local from afar in his new series *Gourmet Escapes*.

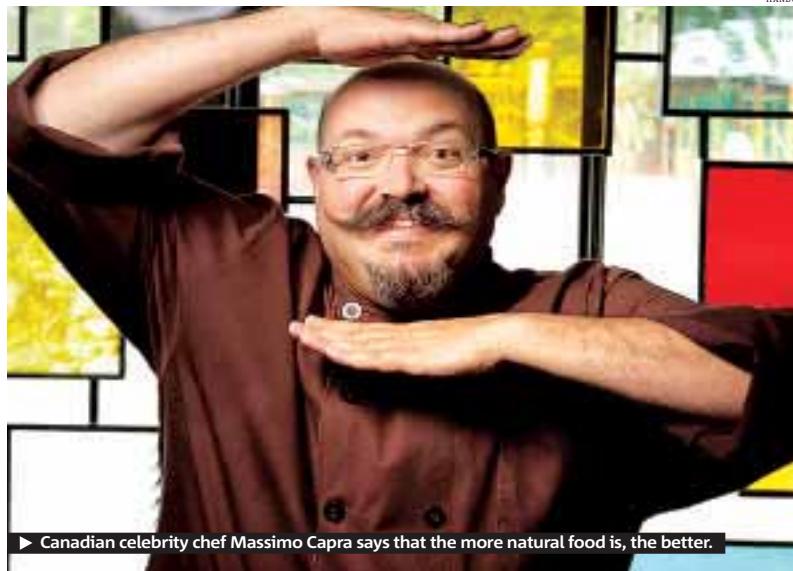
Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on Travel+Escape, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

In Wednesday's installment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic



► Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak at dinner. It was never like that."

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said, noting some of his clients sometimes don't understand why they can't order fresh fruit at his restaurants in the middle of winter.

"We want to have our strawberries and our raspberries all through the year, right? We're not supposed to. You don't get anything out of those strawberries and raspberries because they are not flavoured. On occasion, yeah, bring them in, by all means — we still need our lemons, we still need our accoutrements in the kitchen."

"But if you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."

THE CANADIAN PRESS

elegance.'

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical that turns them into little spheres that look like peas, taste like peas but are not peas at all."

Capra's culinary chops and amiable nature have made him a beloved TV

personality. He has a regular spot on Citytv's daytime talk show *Cityline* and was on the Food Network series *Restaurant Makeover*.

He also has two restaurants in Toronto — Mistura and Sopra — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for *Gourmet Escapes*.

He grew up on a farm there until age 14, eating only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the

Lavigne, Jenner attacked in L.A.

- Couple tweeted they were bloodied and bruised

Avril Lavigne and her boyfriend Brody Jenner have tweeted about being attacked and bloodied in Los Angeles.

In a tweet sent out on Sunday evening, Canadian pop-rocker Lavigne wrote that she "got attacked by five people last night out of nowhere."

She tweeted that she had a black eye, bloody

nose, had hair ripped out, and was left scratched, bruised and cut.

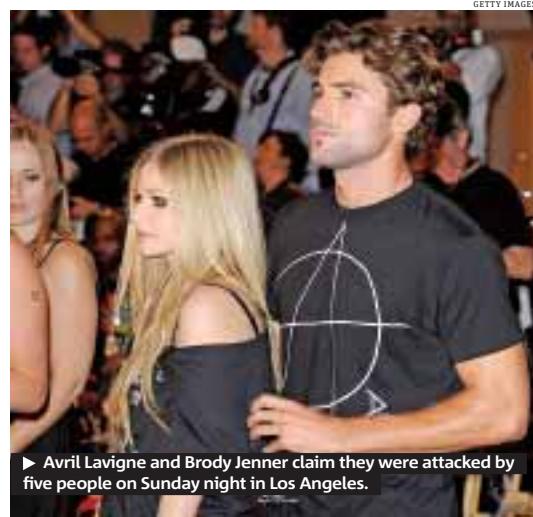
Lavigne added that she doesn't believe in fighting and that it's "not OK to be abusive to others. Violence is never the answer."

Jenner — who has appeared on shows such as *The Princes of Malibu* and *Bromance* — had tweeted earlier that he was out with

Lavigne and "having the best night with the love of my life ... so happy right now!" He later tweeted: "Interesting Saturday night.... Just got (out) of the hospital with a new scar on my face."

A spokesman for Lavigne's record label would not provide any further details on the incident.

THE CANADIAN PRESS



► Avril Lavigne and Brody Jenner claim they were attacked by five people on Sunday night in Los Angeles.



Gaga dress and prop gun, John Lennon sketch, Mick Jagger costume among U.S. rock auction items

DVD Releases**Buy it | Rent it Borrow it | Yawn | Don't bother** **Cave of Forgotten Dreams****Genre:** Documentary**Director:** Werner Herzog**Stars:** Werner Herzog,

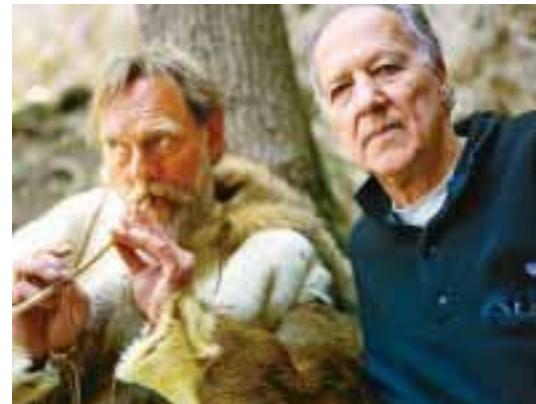
Dominique Baffier,

Jean Clottes

In Cave of Forgotten Dreams, filmmaker Werner Herzog is moved almost to poetry as he contemplates drawings made 32,000 years ago in the Chauvet Cave in southern France. The acclaimed documentarian extols the 1994 finding of the cave drawings as "one of the greatest discoveries in the history of human culture."

A rockslide in the Ardèche River valley some 25,000 years ago sealed the cave, leaving a natural time capsule that, when finally opened, yielded a cache of charcoal drawings that seemed to have been sketched mere days before.

These ancient artists sketched images of the horses, bears, bison, lions and rhinos that used to



roam France.

"Do they dream?" the awed Herzog asks via voiceover of his Paleolithic subjects. "Do they cry at night? What are their hopes?"

Entry to the cave is strictly limited, but Herzog's renown was sufficient to persuade France's Ministry of Culture to allow him unique access.

The team members make excellent use of

their privileged entry. The overall effect, aided by Ernst Reijseger's score of rising choral harmonies and lush strings, is one of rapture and magic that will leave the viewer dreaming.

Extras include a Q&A with Herzog.

• PETER HOWELL

Page Eight**Genre:** Mystery**Director:** David Hare**Stars:** Bill Nighy, Rachel Weisz, Tom Hughes

Page Eight is an absorbing British thriller, exploring timely and believable themes that aren't the preserve of most such movies — which may explain why it's going straight to DVD following its TIFF gala debut in September.

Written and directed by David Hare, the pen behind The Hours and The

Reader, it stars the inimitable Bill Nighy as veteran spy Johnny Worriker, who works for Britain's security service, MI5.

Johnny's best friend, Benedict Baron (Michael Gambon), also his boss, is head of MI5's intelligence analysis division, the keeper of explosive secrets.

One such intrigue concerns a mysterious file containing information about U.K. involvement in

torture prisons, which the government officially disavows all knowledge of. The file is so inflammatory that it threatens the very existence of the MI5, not to mention the job of the Prime Minister (Ralph Fiennes).

Meanwhile, Johnny has a seemingly chance encounter with his striking neighbour, Nancy Pierpan (Rachel Weisz), who is obsessed with finding out what happened to her brother, who, we are told, was killed by Israeli forces in the Occupied Territories.

Truth is the first casualty of Page Eight's tangled webs; Worriker's career (or worse) could be next.

Rounding out the sterling cast of characters are Judy Davis as Johnny's aggressive, scheming MI5 colleague, and Felicity Jones as his daughter, Julianne.

Extras include cast and crew interviews.

• PETER HOWELL

MIXED UP IMMORTALS

Anagram

IMMORTALS is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 **IMMORTALS** characters. We've given you the first one to get you started... Luke Evans is SUEZ or ZEUS

• Henry Cavill is SEE THUS

or

• Freida Pinto is HARD APE

or

• Kellan Lutz is POISONED

or

• Mickey Rourke is PHONY IRE

or

• Isabel Lucas is AT A HEN

or

• Joseph Morgan is SLY ANDRE

or

• Stephen Dorff is VS ASTRO

or

• Robert Maillet is MAIN TOUR

or

• Steve Byers is LEACHERS

or

• Corey Sevier is LA LOOP

or

• Stephen McHattie is

SNARES CAD

or

Solutions: (left - right) THESEUS, PHAEDRA,

HERCLES, APOLLO and CASSANDER,

LYSANDER, STAVROS, MINOTAUR,

POSEIDON, HYPERION, ATHENA,

ATHENA, HERCLES, PHAEDRA,

LYSANDER, THESEUS, PHAEDRA,

PHAEDRA, THESEUS, HERCLES,

Is there a bun in the royal oven?



► Kate Middleton has been called out for playing with her hair too much. But now it seems all eyes are on her stomach.

ALL PHOTOS GETTY IMAGES

► Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop

"It was very odd. Kate would not stop touching her tummy — it was very noticeable."

SOURCE

touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

● METRO

BIEBS TO TAKE PATERNITY TEST

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Justin Bieber is putting the kibosh on Mariyah Yeater's paternity suit filed in San Diego Superior Court last week. A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just ... more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which



► Justin Bieber

claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

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The Mo(re) you know the better

► If you see lots of hairy men around the city this month, don't be alarmed ► They're sprouting moustaches to raise awareness and funds for research into prostate cancer ► "Mo Bros" are on a mission to educate

 PAULINE ANDERSON
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their

symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys be-

tween the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a

Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

Movember

To get involved, register at movember.com.

► Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

\$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada. Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than \$22 million.

3

life

Prostate cancer



Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer during his lifetime (the risk is highest after age 60) and one in 28 will die of it. Over 90 per cent of prostate cancers are curable if detected and treated early. The five-year survival rate is 96 per cent.

● PAULINE ANDERSON



Be sure, be safe, get tested regularly

All men should get a baseline PSA test every five years starting at age 40, and an annual PSA test along with a digital rectal exam (DRE) beginning at age 50, according to Rebecca von Goetz, executive vice-president of Prostate

Cancer Canada.

The tests should begin earlier if there's a family history of prostate cancer (a father, brother or son was diagnosed) or if the man is of African or Caribbean descent, she says.

If cancer cells are confirmed, the next step is to talk to your doctor about whether to get treated or to take a watchful waiting approach, which involves careful monitoring and treating symptoms when they occur.

"It's very much a collaborative discussion between doctors and patients on how they should manage it if there is some indication that there is a prostate cancer," says van Goetz

● PAULINE ANDERSON
FOR METRO CANADA



Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study

Charm meets sushi at Kawa

► This restaurant offers a friendly atmosphere in which to explore flavours of Japanese cuisine ► Try eats like tempura, maki rolls and bento boxes

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

 A converted house, formerly home to several quickly departed restaurants, has become London's latest sushi emporium. Kawa Sushi, however, seems to have the taste and charm to become a success.

The decor is a cute mish-mash of styles and inex-

pensive furnishings. The courteous waitress takes our order and brings a complimentary plate of edamame. The menu includes the expected maki rolls, sushi, bento boxes.

My friends order sushi, but I decide on Petit Udon (\$5.45) and Assorted Tempura (\$6.45). Light, crispy batter covers four vegetable pieces and two slightly gritty shrimp. The flavours are nonetheless outstanding. My soup is succulent, full of crunchy vegetables and thick noodles that are tricky to master with a spoon.

My guests' well-formed Sweet Chili Crab Rolls (\$8.95 for 12 pcs) are delicious: fresh with an appropriate amount of sticky rice and luscious sauce.

Kawa Sushi is a pleasing, reasonably-priced journey to Japanese tastes in a venue with personality.



► Sweet Chili Crab Rolls (\$8.95 for 12 pieces).

Kawa Sushi
226 Piccadilly St. (at Richmond)
519-858-8788
Licensed: Yes
Social lunch: Yes
Quicks solo lunch: Yes
Price range: \$5.95 - \$15.95
Rating: 4 out of 5

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Personal Naan Pizza



Looking to order take-out pizza again tonight?

Try something different like this Tuna Basil Pizza made with naan bread. It's tasty and has less calories than the take-out version.

If naan isn't to your liking, try using Greek pita bread as an alternative.

2 Place under preheated broiler for 3 minutes or until naan is crisp. Serve immediately.

● EMILY RICHARDS/
CLOVER LEAF/
THE CANADIAN PRESS

Ingredients:

- 2 pieces (each 100 g) naan bread (200 g pkg)
- 125 ml (1/2 cup) pizza sauce
- 125 ml (1/2 cup) goat cheese
- 2 cans (each 85 g) flaked light tuna (sun-dried tomato and basil)
- 125 ml (1/2 cup) black olives, sliced

Preparation:

- 1 Place naan on a flat surface and spread pizza sauce over top of bread. Sprinkle with cheese and tuna and top with black olives.

Youth bailout package?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future. Survey respondents expected to earn, on average, more than \$90,000 in 10 years time. Unfortunately, 25- to 30-year-olds with post-secondary degrees are now only averaging \$31,640.

These figures become even more ominous in the context of a recent Statistics Canada study showing

that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of \$8,000 in debt from credit cards, lines of credit, student loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to \$18,000 not including family debt or lines of credit.

And what about those debts? Almost half say they are setting aside money and will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a



► Alison's money rule: The young are heading for financial disaster if we don't take action.

September 2009 survey by the Canadian Payroll Association, where two-thirds of Canadians 18 to 34 reported they would be in trouble if their paycheque was delayed by only one week.

We simply can't afford to let a generation fail.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt, particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

WE ALL NEED HELP SOMETIMES

CHARLES THE BUTLER

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Last week I had an experience that I absolutely want to share with all of you.

I was scheduled to deliver an important speech to the executives of several very prominent hotels here in Shanghai. As I arrived at the hotel I struggled to get out of the very small taxi. In my struggles, all of a sudden I heard (much to my horror) a huge rip. Yes, my pant crotch, from front to back, was wide open and everyone outside of the car was exposed to my Calvin Klein's.

A true wardrobe malfunction was in full swing. So what to do? I did not have enough time to go



► Help her turn that frown into a smile.

back to my hotel to change and I could not stay like this to deliver my speech. So, stuck in the back of the taxi feeling very embarrassed and awkward, I asked my host, Ms. Catherine, who had just experienced this display, if she had someone at the hotel who could sew my pants in an emergency.

And this is the part that's so fabulous. Ms. Catherine, a senior hotel vice president who was meeting me, calmly said, "Oh Mr. MacPherson don't worry, this is not the first time this has ever happened. Please follow me to a private area and we will call the seamstress right away."

And then while walking together she graciously said without missing a step, "While we wait for the seamstress can I order a coffee or tea for you?"

You can all imagine how embarrassed I was. But Ms. Catherine, with good etiquette skills, made me feel very comfortable in such an awkward situation.

I was so lucky to have Ms. Catherine there. She put me at ease, didn't draw any unnecessary attention to me and we all got through it painlessly. But dear readers, I'm no fool. I'm sure when Ms. Catherine went home and repeated this story to her family at the dinner table they all roared with laughter — and that's OK because at the moment, the most important moment in time, Ms. Catherine made me feel calm and comfortable and for that I am eternally grateful, so thank you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA

GETTING BACK IN THE GAME

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

invites and posting them: the average Facebook user has 130 "friends," so there is likely someone in there that you'll be interested in. Best of luck!

Claire: Dear LLUA,

Is it wrong that I think you have an advantage over the many 20-something twits out there — you have a good job, you can spell, and you're ready to meet someone. Plus you come with handcuffs!

You're well ahead of the average guy right there. Still, I think you should listen to my wise 20-something sis: go do something fun — learn to rock climb, go to concerts, spend time doing things you like or think you might like, and hang out afterwards if you feel like it. At worst you'll learn a new skill, and at best you'll meet new people. Good luck, and please keep us posted!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

I've made lifelong friendships and even had a date or two doing parkour and martial arts, but I didn't just play and go home. The activities involved one-on-one teaching, and gave me ample opportunities to make friends.

Try to broaden your horizons and pick venues that require you to talk to people. You can try a socially-oriented gym or league, go to a coffee shop regularly and befriend the staff, and take classes like acting or coaching where you learn by interacting.

Solidify your new friendships by initiating

Care to share: What's your sex number?



CASSANDRA GARRISON

SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The recently released Anna Faris comedy *What's Your Number?* hilariously portrays the question most men dread being asked and most women hate answering: How many people have you slept with?

Whether you think your number is too high or too low, it's never a fun conversation to have with your significant other. Some people avoid it all together.

But why is there such an emphasis on the "number" and what are its implications? We turned to Dr. Glenn Berger, a psychotherapist who special-

izes in sexual coaching, for the answers.

Why are people so hesitant to reveal their "number?"

I really think they're most reluctant to talk about anything intimate. When it comes to asking or answering those questions, it brings up a lot of fear. Women are afraid that if they ask, it's going to push

the man away. Men have been cultured not to speak about anything intimate.

Why is there such a stigma associated with that number?

The thing that I try to get to is that the number and embarrassment is really a reflection of deeper insecurities or shame — the feeling that goes along with belief that there is

"something wrong with me." That's a deeper issue than the number or size or weight, the thing that makes us different or wrong or bad. It's about getting to a place where they love themselves and recognize that others are just as screwed up as you are. If you are feeling shame, it's probably a deeper issue.

► Anna Faris, stars in *What's Your Number?*

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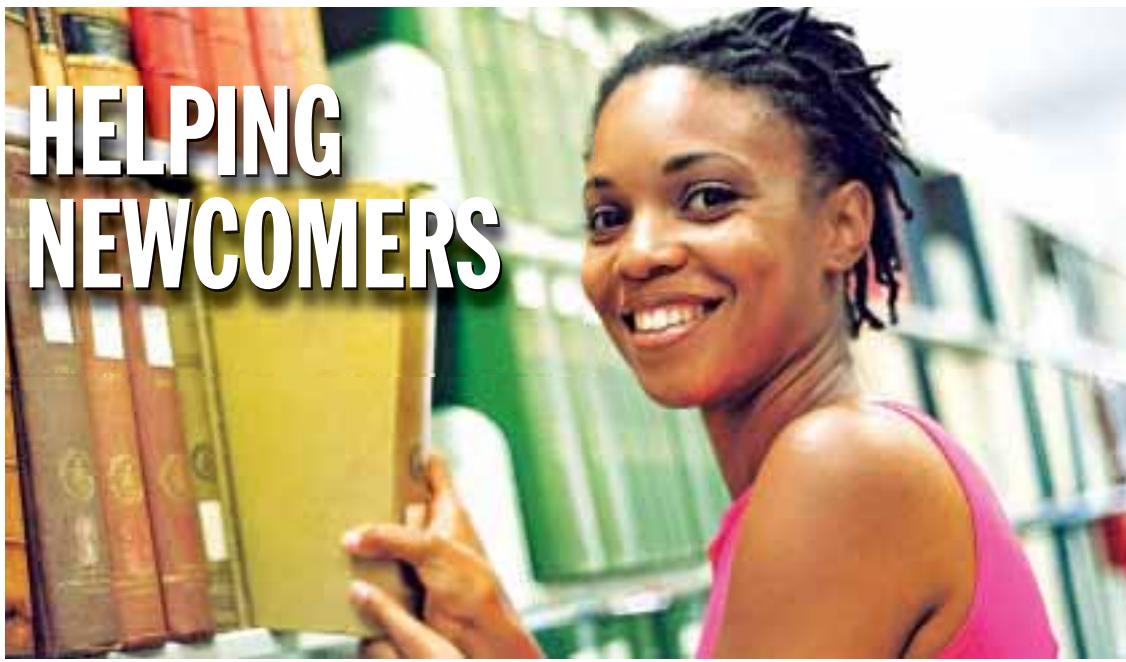
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and workplace culture skills you need to communicate effectively in your career. OSLT is funded by Citizenship and Immigration Canada (CIC).

To be eligible for OSLT, you must be new to Canada, a permanent resident or protected person, and have training or experience in a specific occupation or sector. You also need a Canadian Language Benchmark (CLB) level of 6

to 8 in at least one language skill area. Courses are offered in English only.

By enrolling in OSLT courses, which last about 15 weeks each, you will learn to interact effectively with colleagues, clients and supervisors in the Canadian workplace. You will also polish your interviewing and networking skills, and get better at giving and receiving information by email and telephone.

SIGN UP TODAY

Registration is now open for Fanshawe College's OSLT business and technology courses. Both are about 180 hours long, and run from Jan. 4 to March 28, 2012. To find out more, visit CitiPlaza Centre in London or fanshawec.ca.

You can also contact Fanshawe's project officer, Miriam Sanchez, at msanchez@fanshawec.ca, or at 519-667-2392, ext. 238.

The next set of courses offered at Fanshawe will focus on two areas: Business and technology.

"The OSLT classroom provides participants with a safe, comfortable place where they can strengthen their workplace communication skills through discussion, role playing, presentations, writing activities, etc., before they enter the workforce," says Susan Meehan, one of Fanshawe's OSLT technology instructors.

For Adair Meehan, Susan's husband and one of Fanshawe's OSLT business instructors, the greatest value of the program is the opportunity it gives students to apply Canadian business language and explore the differences in business culture here and elsewhere.

"It is all about communication and making the most of your existing skill sets," he explains.



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Wary of another collapse

► After blowout loss to Boston, Leafs look to recover ► Face Florida without Reimer, Connolly



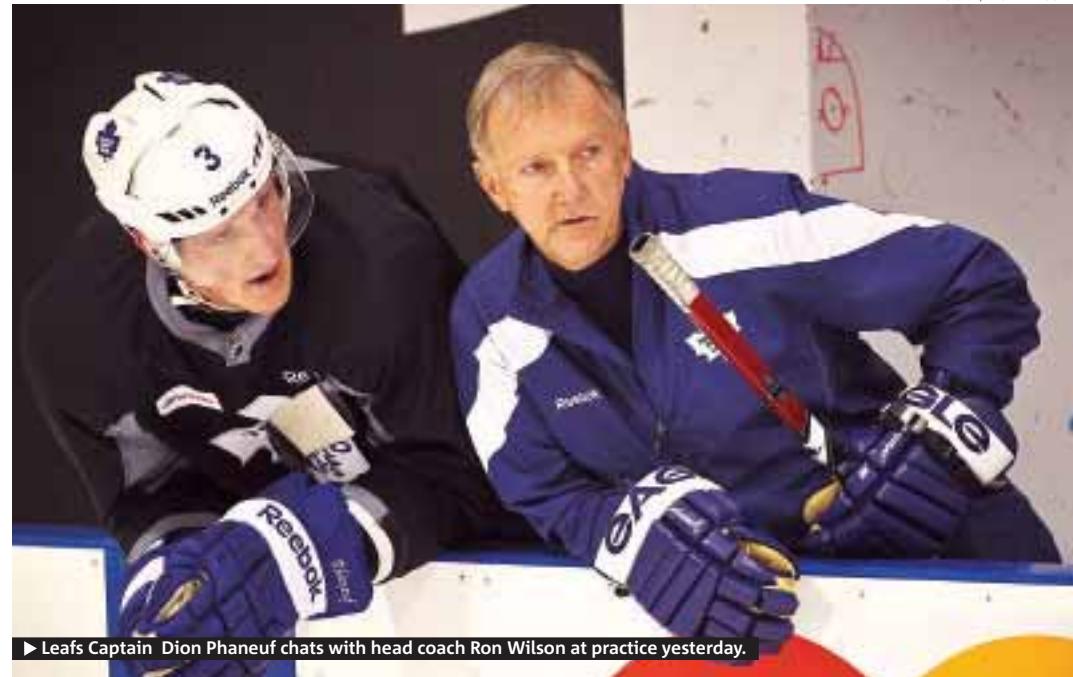
► Time: 7 p.m.
Channel: Sportsnet

When the NHL schedule finally allowed the Toronto Maple Leafs some time for reflection, coach Ron Wilson admitted to being "terrified."

However, his concern had nothing to do with his team's worst loss of the season — they were blown out 7-0 by Boston on Saturday night — but a book about another impending economic crisis.

"Unfortunately I'm reading 'Aftershock' so now I'm terrified about my money," Wilson, a former economics major, said. "They're the same authors (David Wiedemer, Robert A. Wiedemer and Cindy S. Spitzer) who predicted the last recession and all the bubbles popping and there's two big bubbles that are yet to pop — if anybody's read it — I would suggest you don't because you'll be depressed before the depression hits."

Back at work yesterday, the coach was met with more cause for concern. Top centre Tim Connolly missed practice and is expected to be out 10-to-14



"You're playing every couple days and it's how you react to it and respond. Whether it's a win or a loss, you've got to move forward quickly."

LEAFS CAPTAIN DION PHANEUF ON MOVING PAST A 7-0 LOSS TO BOSTON

days with an undisclosed upper-body injury — one Wilson said is unrelated to the ailment that kept him out of eight games to start the year. Goalie James Reimer also remains unavailable with concussion-like symptoms.

The Leafs are dealing with a number of issues heading into tonight's game against Florida despite a 9-4-1 record out of the gate. Chief among them is a struggling penalty kill ranked 30th in the NHL and a 28th-best average of 3.29 goals allowed

per game.

"We've got to do a better job in front of (the goalies)," said Wilson. "We've had a couple guys struggle a little bit. We've found ways to win games, that's important."

Wilson plans to start Jonas Gustavsson in goal against Florida and ice a blue-line that includes

Luke Schenn. The 22-year-old defenceman was a healthy scratch on Saturday and has struggled since signing an \$18-million US, five-year contract extension on the eve of training camp.

"I'm not going to take (being scratched) in a negative way or dwell on it too much," said Schenn. "Sit-

ting out obviously is something I never want to do, but at the same time it could help me going forward."

Up front, Tyler Bozak is expected to assume Connolly's place between Phil Kessel and Joffrey Lupul on the No.1 line.

The Leafs have yet to drop consecutive games this season and are very wary of another slide. They endured eight winless streaks of three games or more last year and couldn't recover.

THE CANADIAN PRESS



Quoted



"Anybody who pays attention to these things already knew that. The only organization in denial was the NHL."

DICK POUND, WHO SAYS GEORGES LARQUE'S ALLEGATIONS ABOUT PERFORMANCE-ENHANCING DRUGS IN THE NHL REINFORCE WHAT HE HIMSELF SAID SIX YEARS AGO. POUND, THEN PRESIDENT OF THE WORLD ANTI-DOPING AGENCY, RAISED EYEBROWS IN NOVEMBER 2005, WHEN HE SAID AS MANY AS A THIRD OF NHL PLAYERS WERE USING SOME KIND OF PERFORMANCE-ENHANCING DRUG.

Crosby could be back this Friday

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his long-anticipated return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by

"I'll reiterate to you again, there is not a timetable or a date right now that we know and you don't."

PENGUINS COACH DAN BYLSMA

contrast, he said there was no chance he would play last Thursday in San Jose or Saturday in Los Angeles. Pittsburgh is enjoying a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

"That's a possibility," Crosby said of returning

Friday. "Just like however many games left there are (a possibility). ... I'd love it to be (Friday), but I would have loved it to be on the West Coast trip, too. There are a lot of different guesses but, like I said, everyone's guesses are as good as mine."

There is guesswork involved because nobody

seems to know for certain how much contact — or how little — Crosby must absorb during practice for his doctors to clear him to play for the first time since Jan. 5.

Crosby unexpectedly flew back to Pittsburgh from Los Angeles to meet Sunday with his concussion specialists, touching off talk that his return was imminent. However, he said he merely wanted to get the session out of the way so he could take part

in team-building activities yesterday and today.

Penguins coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.

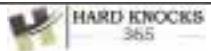
"I just tell them how I feel. That's usually how it goes, giving feedback and letting them know how I'm feeling," Crosby said.

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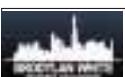
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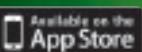
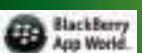
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Across

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 5 Banned bug killer
 8 "American —"
 12 Architect Saarinen
 13 Rage
 14 Exploding star
 15 Outer
 17 Campus area, for short
 18 Pigpen
 19 Ovum
 20 Sullen and gruff
 21 Agent
 22 Luau side dish
 23 Undoes a deale
 26 Log
 30 Basin accessory
 31 Wicked
 32 Corn Belt state
 33 Army rank
 35 Moisten in the morn
 36 "Just kidding!"
 37 Owns
 38 Festoons
 41 Petrol
 42 Blackbird
 45 Poetic foot
 46 Hellish
 48 Transport on Oscar night
 49 Trench
 50 Hoisted, nautically
 51 U.S. fort where gold is kept
 52 Donkey
 53 Cameo gem
Down
 1 The Bee —
 2 Adjacent (to)
 3 Bohemian
 4 Travail
 5 Having set-in stains
 6 "La Cage aux Folles" costuming
 7 — Aviv
 8 Requests for information
 9 Gloomy
 10 Elliptical
 11 Country trio — Antebellum
 12 Dem's rivals
 20 Old French coin
 21 Case for storing valuables
 22 Pea holder
 23 Moment
 24 Pair
 25 Moray, for one
 26 Tokyo-based carrier
 27 Affirmative action?
 28 Shock and —
 29 Legislation
 31 Wager
 34 Ph. bk. data
 35 Foundation
 37 Weapons' handles
 38 Luxurious fabric
 39 Large, heavy wagon
 40 Bullets et al.
 41 Wildebeests
 42 Unsigned (Abbr.)
 43 Almost black
 44 Holly
 46 Glass of NPR
 47 Pi follower



► Yesterday's answer ►

Today's horoscope



Aries March 21-April 20 You must get over the idea everyone you meet wants to cheat you. It isn't true.

Taurus April 21-May 21 You won't be able to hide your feelings from other people today, so don't even try.

Gemini May 22-June 21 Chances are most things can wait until tomorrow, if not the day after, so take it easy.

Cancer June 22-July 22 Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

Leo July 23-Aug. 23 Learn

what you can from what went before and then move purposefully towards the future.

Virgo Aug. 24- Sept. 22 Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

Libra Sept. 23-Oct. 23 Someone will try to take something from you today, but they won't succeed.

Scorpio Oct. 24-Nov. 22 Be selective in what you do or a lot of your energy will be wasted.

Sagittarius Nov. 23-Dec. 21 Rivals and competitors seem determined to give you a hard

time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

Capricorn Dec. 22-Jan. 20 Nothing in your life is set in stone.

Aquarius Jan. 21-Feb. 18 Control your desires, don't let them control you.

Pisces Feb. 19-March 20. Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth. ● SALLY BROMPTON

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Yesterday's answer ►



Today



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